



Harvest of the Month Recipe

February –Kale

Parmesan Pan-Fried Kale

Serves: 40 taste test portions

Ingredients

- 3 large bunches of kale (about 3 lbs)
- 6 TBSP olive oil
- 15 cloves garlic, finely minced
- salt and pepper, to taste
- 2 ¼ cup parmesan cheese

-OR-

Serves: 4 side dishes

Ingredients

- 1 large bunches of kale (about 1 lb)
- 2 TBSP olive oil
- 5 cloves garlic, finely minced
- salt and pepper, to taste
- ¾ cup parmesan cheese

Directions

1. Thoroughly rinse the kale in cold water, soaking if necessary to remove grit. Chop the kale into bite sized pieces suitable for little kids.
2. Heat the olive oil in the stockpot over medium-high heat. Add the garlic and quickly stir it around to avoid burning, about 1 minute.
3. Throw in the kale and use tongs to move it around. Sprinkle in salt and pepper and continue cooking until slightly wilted but still crisp, about 1 to 2 minutes. If needed, add a few tablespoons of water to the pot and cover to steam the kale to the desired texture.
4. Transfer the kale to a serving bowl and stir in the parmesan cheese. Alternatively, you can sprinkle the parmesan over each serving.

Recipe from: <http://thepioneerwoman.com/cooking/2013/06/panfried-kale/>